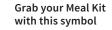
# Sticky Sesame Lemon Chicken with Bacon, Egg & Veggie Fried Rice

TAKEAWAY FAVES











Basmati Rice





Green Beans





Lemon

Chicken Tenderloins



Sesame Seeds



Soy Sauce

Sweetcorn



Diced Bacon



Garlic Paste



Cornflour





From the sweet and savoury coating on the chicken thigh, to the loaded fried rice with an added depth of flavour from the



**Pantry items** 

# Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Medium saucepan · Large frying pan

# Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
basmati rice	1 medium packet	1 large packet		
spring onion	1 stem	2 stems		
green beans	1 small bag	1 medium bag		
lemon	1/2	1		
chicken tenderloins	1 small packet	2 small packets OR 1 large packet		
sweetcorn	1 tin (125g)	1 tin (300g)		
honey*	3 tbs	⅓ cup		
sesame seeds	1 medium packet	1 large packet		
soy sauce mix	1 packet	2 packets		
diced bacon	1 packet (90g)	1 packet (180g)		
garlic paste	½ packet	1 packet		
egg*	1	2		
cornflour	1 medium sachet	1 large sachet		
beef strips**	1 small packet	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3178kJ (760Cal)	561kJ (134Cal)
Protein (g)	57.1g	10.1g
Fat, total (g)	20.8g	3.7g
- saturated (g)	5.6g	1g
Carbohydrate (g)	81.4g	14.4g
- sugars (g)	25g	4.4g
Sodium (mg)	1231mg	217mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3260kJ (779Cal)	620kJ (148Cal)
Protein (g)	50.2g	9.5g
Fat, total (g)	26.2g	5g
- saturated (g)	8.1g	1.5g
Carbohydrate (g)	81.4g	15.5g
- sugars (g)	25g	4.8g
Sodium (mg)	1231mg	234mg

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns





# Get prepped

- Boil the kettle. Half-fill a medium saucepan with the boiling water. Add basmati rice and a pinch of salt and cook, uncovered, over high heat until tender, 12 minutes. Drain.
- Thinly slice spring onion. Trim green beans and roughly chop. Slice lemon into wedges. Cut chicken tenderloins into 2cm chunks.
- Drain sweetcorn.
- In a small bowl, combine the honey, sesame seeds, juice from the lemon wedges and half the soy sauce mix.



## Cook the chicken

- In a medium bowl, combine cornflour and a generous pinch of salt and pepper. Add chicken, tossing to coat.
- Wipe out frying pan and return to high heat with a generous drizzle of **olive oil**. When oil is hot, dust off any excess **flour** from chicken.
- Cook **chicken** in batches, tossing, until browned and cooked through (when no longer pink inside), **4-6 minutes**. Transfer to a paper towel-lined plate.
- Return all chicken to pan. Add sauce mixture and cook, tossing, until coated and heated through.

**Custom Recipe:** If you've swapped to beef strips, coat beef strips and heat pan as above. When oil is hot, cook beef strips, in batches (this helps the beef stay tender), tossing, until browned and cooked through, 1-2 minutes. Transfer to a plate.



## Cook the fried rice

- Heat a large frying pan over a high heat with a drizzle of olive oil. Cook diced bacon, corn and green beans, breaking up bacon with a spoon, until golden, 5-7 minutes.
- Stir in cooked rice, garlic paste, spring onion and remaining soy sauce mix, then crack the egg into the pan. Cook, stirring, until warmed through and egg is cooked, 2-4 minutes.
- Transfer to a bowl and cover to keep warm.



# Serve up

- Divide bacon, egg and veggie fried rice between bowls.
- Top with sticky sesame lemon chicken. Spoon over sauce from pan to serve. Enjoy!

#### Rate your recipe